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NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 6 NO. 7

NEWARK, NEW JERSEY

SEPTEMBER, 1988

Teacher Preparation At St. Rose Provides A Firm Foundation For Learning

NEW JERSEY DIVISION
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The first sign that summer is winding down is the appearance of back-to-school clothing and supplies in local department stores. The next sign is the appearance of teachers in the school buildings, preparing to welcome back the students of the past years and to greet the new students of this year.

But Saint Rose School has another

sign that this is the end-of-summer, back-to-school season. Saint Rose's teachers don't just prepare the building to welcome incoming students; they prepare themselves.

For the entire week before the school's opening on Tuesday, September 8th, the entire faculty will have engaged in an intensive in-service training period — five days

that will have covered praying together, planning together, and working together. On Monday August 29th, the whole faculty journeyed to Mount Saint Dominic, Caldwell to spend the day in prayer, reflection, and networking. Monsignor William Linder celebrated a special liturgy of service and witness. During the Liturgy the teachers participated in a commissioning ceremony. A teacher cannot inspire the human spirit of students without revitalizing his/her own spirit first.

On Tuesday, Wednesday, and Thursday the faculty met in Saint Rose Rectory to review school policies and their own responsibilities, to take part in workshops in the latest techniques of teaching and leading, and to plan their own system of network-

ing. Teaching is not only a skill; it is an art that must be refreshed and updated regularly.

On Friday, the new students arrived at Saint Rose. The teachers spent the day greeting the new students and introducing them to the world that is Saint Rose's School — a world that is inviting each student to learn, to grow and to hope.

At a time when the entire country is preoccupied with the failure of education to prepare the country's youth with the skills necessary for them to succeed in society, there is comfort and hope in learning of the dedication of Saint Rose's teachers. They believe that their teaching is a ministry to the students with whom they are entrusted. They prepare themselves for this sacred trust.

Nursing Homes Need Equal Funding

Bill Pending Which Can Help

The present day nursing shortage has forced nursing homes into competition with hospitals for recruitment and retention of RNs, but the scales are not balanced equally.

The scales get out of balance when one looks at government funding for hospitals compared to nursing homes, yet each care for people in need of professional medical help who cannot survive without it; in one case on a crisis basis, the other on a long term basis.

Recent legislation recognized the need of hospitals to improve factors required to recruit and retain RNs. Legislation (Bill A2463) is now pending here in the New Jersey Senate and is up for the signature of Governor Kean in October, which would give nursing homes an additional five dollars per day per person also so they could provide a competitive employment package to nursing home RNs.

This legislation is especially important for those nursing homes which

are nonprofit and accept Medicare and Medicaid patients such as the New Community Extended Care Facility. Government funding is what keeps it going. Improving factors for recruiting and retaining RNs involves money — and in great part depends on the level of Medicaid reimbursement. This additional money will enable nursing homes like New Community Extended Care Facility to hire and retain nursing professionals and to educate them in providing quality care.

What are some of the factors needed to attract and keep professional RNs? According to a recent report released by the Department of Health and Human Services' (HHS) Division of Nursing, the same factors which attract new recruits to the nursing home field are those that will also retain their services once employed, i.e. **benefits, working conditions and salary.**

Since eight of the top ten factors

Continued on page 5

Freeholders Award Grants To New Community And Babyland

On Wednesday, August 17, 1988 checks were presented by the Essex County Freeholders to New Community and Babyland because of the fine job they are doing for the community. Essex County Executive Nicholas Amato recommended New

"while this grant will not serve all of your financial needs, the Board hopes it will serve to encourage NCC to continue your work on behalf of the citizens of our County."

Giblin's appreciation was extended on behalf of the entire board and



Freeholder President Thomas P. Giblin (L) presents NCC President Arthur Wilson with grant as Freeholders Delores Battle and Carmine P. Casciano look on.

Community and Babyland for the reception of the grants.

New Community Board President Art Wilson accepted a check for \$17,500. Honoring its day care services to the community a check for \$25,000 was presented to Sister Clare Elton representing Babyland.

Freeholder President Thomas Giblin acknowledged the fact that

especially Freeholder Carmine Casciano, Sara Best, and James Cavanaugh. He felt that the County was fortunate "that organizations and agencies such as yours are working admirably and unselfishly on behalf of the citizens to ensure them a decent and meaningful life."

The presentations were made in the Essex County Freeholders Chambers.

NCC Youths Pay Mayor A Visit



Sporting an NCC cap and a new NCC shirt, Mayor Sharpe James and Councilman Ronald Rice (R) stand among their young visitors and Youth Director Eladio Negrón.

NCC Welcomes New Director Of Operations

Joining New Community Corporation as Director of Operations is Dorothy C. Douge. Since New Community has a policy of maintaining its own developments, coordination of all areas is important for a smoothly running organization. Ms. Douge will oversee the whole.

In order to create employment for



Dorothy C. Douge

Newark residents, NCC manages, maintains, and secures its properties in-house. It provides support services. These are the specific areas of concern for which Ms. Douge will be responsible.

The new Director of Operations is a graduate of Rutgers University where she received her B.A. in Sociology followed by an M.B.A. in Marketing.

Contributions To New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact the Development Office at (201)623-2800 ext. 206.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation
EDITOR: Patricia A. Foley
PHOTOGRAPHER: Eva Obermeyer

Send to: The Clarion
c/o New Community Corporation
233 W. Market Street
Newark, New Jersey 07103
(201) 623-2800

Circulation: 12,000

Keeping Things On Track

The departments in New Community which pertain to human services depend for the most part on grants for their sustenance. And grants as we all know require paperwork — lots of paperwork.

Filling a special niche in New Community's finance department to keep track of such things and the uses to which they are put is Marist Brother Tom Lee.

Brother Tom will be "the source" for the myriad questions that must be answered concerning this segment of New Community's Human Services Department.

Corporate finances are nothing new to Brother Tom, who for twelve years held the position of corporate treasurer for the Marist Brothers, a religious order with over 8,000 members world wide.

His service began as a teacher, with 20 years spent in the high school classroom. As funding for the Marist educational facilities became more complex he took on the job of handling it as corporations in the business world would.

He later became assistant superintendent of schools for the Archdiocese of Newark, and for the last two years worked as treasurer of Marist High School in Bayonne, New



Brother Tom Lee

Jersey.

Although Brother Tom comes originally from Long Island, he crossed the Hudson into this fair state in 1954 and has remained here since.

Brother Tom has spent the last eleven years in residence at Queen of Angels Church on Irvine Turner Boulevard where he became acquainted with New Community.

We extend a warm welcome to Brother Tom in his new position.

A Popular Waiter Is Outstanding Employee

Many people look for waiter Bill Hines when they come to lunch at The Sandwich Shop in St. Joseph Plaza and make it a point to sit at his tables. They know the service will be first class.

This is one of the reasons he was chosen an Outstanding Employee by Senathiraja Natesan, restaurant manager at the Plaza. He is also consistently hard working, always punctual, has excellent attendance while requiring very little supervision. His development of good relationships with many guests is one of the best marketing strategies in the restaurant business, says Natesan.

Bill began working for The Sandwich Shop on September 17, 1987 and

is please with his job. According to Bill it is self-fulfilling since he likes people and this job affords him the opportunity to meet many different people every day.

Bill also appreciates what NCC has done for the Newark Community by creating jobs, low cost housing, etc.

A local man, he attended Queen of Angels Elementary School and graduated from Essex Catholic Boys High School. In October 1975 he joined the United States Coast Guard and was honorably discharged in 1984.

In off duty hours Bill enjoys all types of sports but gives special preference to weight lifting and basketball.

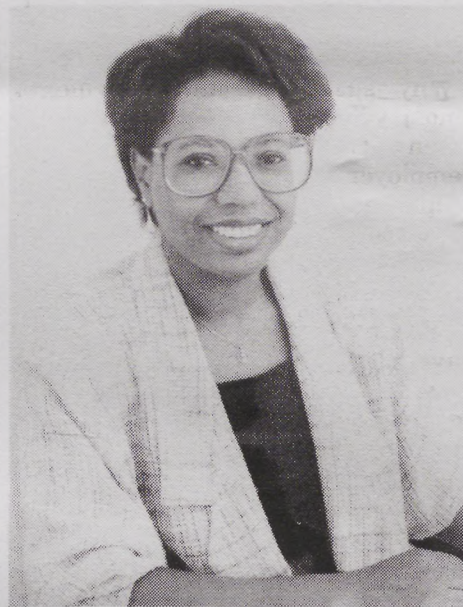


Bill Hines (L) is pleased with his recognition as employee of the month by Restaurant Manager S. Natesan.

Director Of Human Services Assumes Post

There's a new face at 233 West Market Street. Gwendolyn Long has assumed her position in New Community as Director of Human Services. She will add her expertise to benefit the Employment Center, Social Services Department, the Homeless Job-Training Program, and the Homeless Housing Project.

Ms. Long will organize and coordinate these grant-oriented programs. She brings to New Communi-



Gwendolyn Long

ty thirteen years of experience in the social service field, with administrative and planning roles requiring skill in community relations, agency/government relations, handling advocacy groups and media, and effective negotiating with public and private organizations on behalf of vulnerable children with their families.

Ms. Long received her B.A. at the University of Connecticut at Storrs, Connecticut; she earned her M.A. at the School of Social Services Administration of the University of Chicago, Illinois.

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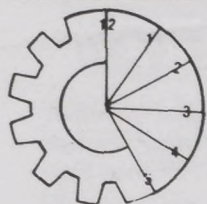
at **623-2800** Ext. 208 or 209
or stop in at

St. Joseph Plaza
233 W. Market St., Newark, N.J.



protect our children...

DRIVE SLOW



NCC Employment Center Youths Have New Mentor

Counseling youth on the subject of finding, getting and keeping jobs is Joyce G. Bates, who began with New Community Corporation Employment Center on June 1, 1988. Joyce's task is to help teenagers between the ages of 16 and 18, find employment in a city where unemployment among youth approaches 50%, by some estimates.

Why such high unemployment among youth? Joyce feels joblessness among teens has resulted from "employer reluctance to hire young people because of the stereotype that young people don't want to work and are not reliable. A lot of employers are afraid to take that chance.

"Fortunately, the young people we have been sending out for jobs are proving them wrong. This job has been very rewarding for me because I see more teens coming with positive directions and goals for their lives. They've made decisions to work and have not chosen the streets.

"One of our applicants lives in a drug-infested community but feels very proud of herself and her close friends because they have chosen another route for themselves. She told me that she realizes the lure of drug peddling looks glamorous and sounds good but it doesn't last. These youngsters are looking at the long-term picture, looking to get something better out of life and to better themselves.

"I enjoy counseling youth because it's fun. The teens I work with, as a rule, accept criticism very well and in a positive manner. They kind of thank you, because no one tells them about the kinds of things we discuss. They usually don't have much work experience, so we have general conversations in which I try to draw out any volunteer or helping-out activities that might be valuable in the job market. Listening is the main factor with young people - hearing what's on their minds and then breaking down the reality for them.

"A lot of our youth have problems at home that affect their school work. They just want to be more independent. When they become employed and gain a little more control over their lives, very often they become more serious about school.

"When we talk, we cover subjects of completing applications properly, interviewing effectively, hygiene, business manners and dress. I wish the schools did more career training and did a better job of teaching employability skills. Those kids who cannot afford or are not inclined to go to college have a particular need to be geared toward careers," said Joyce.

Joyce is doing an incredible job of assisting with the employment needs of Newark's young adults. She not only placed a tremendous number of teens in positions at Action Park this summer, but has also helped to open new doors by finding good jobs with major employers who offer potential for career advancement. Her compassion for the people she counsels and her persuasiveness with both job seekers and employers have proven to

be a formidable combination that bodes well for Newark's future generation of leaders.

A part of Joyce's understanding of young people comes from her experience of motherhood. Joyce's 16-year old daughter, Crystal, now a junior at Barringer High School is "headed in the right way," she said. Crystal went through the Upward Bound program this summer and is beginning to think seriously about plans for her future. "Crystal shows me that today's youth want more than drugs, crime and promiscuity for themselves, but they need to be

Job Placements For August: 150

shown another way. Once done, they choose the high road more often than not," said Joyce.

Joyce G. Bates graduated from Weequahic High School and has lived in Newark for the last 20 years. Her experience includes counseling Newark's homeless population with the Y.M.W.C.A. and administrative positions with Federal Express and Montgomery Gateway II. We're glad she found her way to NCC Employment Center where she is effectively putting her skills to work by bringing purpose and direction to Newark's youth community.

L. Michelle Odom

STATEMENT OF PURPOSE

New Community Corporation Employment Center is a non-profit, no-fee employment counseling and placement service for the people and employers of the metropolitan area. If you would like to reduce your advertising expense and interviewing time, just let us know of your job openings. If you need help finding a job - or a better job - just call for an appointment. Employers and job seekers may reach us at (201) 643-3828.

New Data Link For Extended Care

The New Community Extended Care Facility has added a new capability for the employees of the business office. The business office now has a direct link to the New Community Computer Center. This data link enables up to three terminals and a printer to communicate with the main system, at the same time, over one line.

The terminals provide the staff with instant access to financial information. At the touch of a button, the purchase and payment history of a vendor can be displayed. Similarly the detailed history of an expense or income account is only a few key strokes away. The printer provides the ability to obtain a variety of predefined reports that can speed up many tasks and save valuable time.

Jim Rohrman

New Manager Pleased To Announce Credit Union Money Available

For the last six months, new manager Joe Okeke of the New Community Federal Credit Union (NCFCU) has been working up statements, following up on loans and tending to the other daily computerized workings of NCFCU, as he familiarized himself with the marvelous potential of this part of the New Community organization.

Part of his task now is to make known to members of NCFCU the availability of \$200,000.00 which has been earmarked for car loans and personal loans to qualified members. There is also money available for second mortgages.

NCFCU's interest rates are currently 9.5% for auto loans and 15% for personal loans. If a personal loan is made through a payroll deduction plan the rate drops to 14.5%.

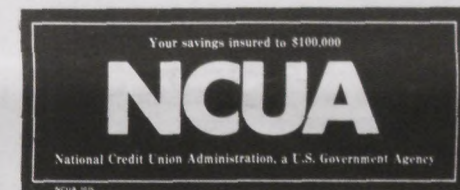
The Credit Union charges simple interest on its loans allowing the interest to be paid off over the entire period of the loan.

New members are welcomed. Any employee of the New Community Network or its affiliates is eligible to join the NCFCU. Payroll deduction plans are available with prompt

deposits at the end of each pay period.

All deposits are insured up to \$100,000 by the National Credit Union Administration (NCUA).

A loan applicant must be a member of the New Community Federal Credit Union for at least one (1) year, or fall within the field of membership (NCC resident, Babyland parent) for at least six (6) months and be a



member of the Credit Union for at least six (6) months consecutively.

The new manager has recently mailed statements for the first seven months of 1988; every three months a new statement will be issued.

If any member has not received their statement, mailed in early August, please notify Mr. Okeke by calling 623-2800, extension 208 or 209.

Appointments for loan applications may be made by calling the same number.

Elizabeth F. Dougherty, D.M.D. and Audrey Malone, D.M.D.

Dentistry for Adults and Children
at

New Community Extended Care Facility
266 So. Orange Avenue, Newark, N.J.

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The Priory Restaurant



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What Does This Family Have That We Do Not Want Them To Lose?

Behind The Shelter Door

Between the two political conventions this summer, a new TV commercial appeared featuring a pretty little girl playing on the steps of her lovely home. The voice overlay says, "Let's not lose what we've gained for her in the last eight years."

Certainly no one wants to pull the grass out from under this little girl's feet. My problem with this particular commercial is that she is not representative of all this country's children. What have the past eight years gained for the rest of them?

The pretty little girls and boys I usually see playing are on steps leading nowhere. Although I've been involved in the issue of homelessness for at least eight years, spending the last few months at the Essex County Family Violence Shelter has put different faces on the issue for me.

Frequently, when women leave abusive situations, they leave everything, including their homes. One of the most pressing tasks of women in shelters is to find permanent housing for themselves and their children.

Clients here are required to look at a minimum of ten apartments every week. I watch them go out every day to no avail. It is almost impossible to find safe, decent, affordable housing in Newark. If it was here, you can be sure we'd find it!

One client with five children, three of them teenagers, has been in the shelter for four months now. Of course their emergency status is long gone, but if they weren't here, they'd

be on the street. Had she rented the least expensive units she's been able to find, she would have \$16 a month left for all their other expenses. What does this family have that we do not want them to lose?

Short-term solutions to the problem of homelessness are dismaying. A roof and four walls do not guarantee quality of life. Just because people are not out on the street does not mean that they are in good space.

Recently, Essex County Executive Nicholas Amato said, "We need to build more low-income affordable housing and increase (welfare) subsidies so the families can compete in the rental market." He suggested that the state bring major developers, banks and bond companies together to develop public - private housing construction ventures.

Twenty years ago, New Community saw the same need, and has put tremendous effort into meeting it, but not without significant opposition. On the federal level alone, about 70 million in subsidized housing funds has been withdrawn over the last eight years. Had that not happened, perhaps more children would be playing on the front steps of their homes, instead of on steps leading to nowhere. Perhaps even the five children I was telling you about.

I find it frightening to realize that the sponsor of this TV commercial is blind to a significant portion of U.S. reality. I hope that many other U.S. citizens are not similarly blind.

Sister Mary Ellen

Victim's Grant Provides Van

The Essex County Family Violence Shelter has a brand new van thanks to a Victim's Assistance Grant! The new "wheels" will enable us to expand and enhance the transportation services we provide for our clients.

Some shelter staff members spend a good portion of their time driving. We transport new arrivals and their few possessions to the shelter. Once they are settled into the shelter routine, we drive them to health care and counseling services and take them apartment hunting. We trans-

reimburse lost wages and medical and funeral expenses; and Victim Assistance Grants which provide funding for direct services to crime victims. Transportation of shelter clients falls into this category of service, along with temporary shelter itself, crisis intervention, counseling, court related services to assist the victims in participating in criminal justice proceedings, and payment of all reasonable costs for forensic medical examinations.

Priority areas for The Federal Vic-



Framed by a window in the Family Violence Center's new van, Carmen Aponte prepares to drive a group of Shelter residents to the courthouse downtown.

No Language Barrier At The Shelter

Carmen Aponte has been on the staff of the Family Violence Shelter for the last seven years. Since last October, she has been the Bilingual Family Court Assistant. The funding for this position comes from a Victims Assistance Grant.

In this capacity, Mrs. Aponte advises shelter and non-shelter survivors of domestic abuse of their rights, and the law as it pertains to their situations, and assists them in pursuing justice through the court system.

This involves reviewing cases with clients and providing guidance about the specific avenues of redress available to them. Mrs. Aponte accompanies the survivors to and from court, and remains with them in the court room, providing moral and legal support when appropriate.

Women survivors of domestic violence typically do not have the emotional strength and self esteem required to pursue their rights through the intricacies of the court system. When survivors are not fluent in the English language, the challenge becomes nearly impossible.

Mrs. Aponte developed expertise by attending workshops; belonging to the New Jersey Coalition of Battered Women, a peer support group; and by lots of on the job experience. She loves working at the Shelter "being in a place where you know you are helping people, making them feel comfortable, building their self esteem and self confidence."

Carmen and her husband Tony are the proud parents of six children, grandparents, of one. The five older children are grown and no longer living in their parent's home. Carmen refers to the youngest, a three year old as "the most precious gift I've gotten from the Shelter." The Apontes took this baby into their home when it became obvious that his mother, a resident of the Shelter, was unable to care for him. Now they are in the process of adopting him.

The position of Family Courts Advocate greatly enhances the services available to survivors of Domestic Violence in Essex County. With Carmen Aponte filling the position, the service is superb. See for yourself. If you need her, just call the Family Violence Hotline 484-4446.

port the women to court and assist them through the processes of securing restraining orders, pressing criminal charges against the abuser, and suing for child custody and support. Once in awhile we go on an outing for a change of pace.

The number and variety of donations which the shelter receives is truly impressive. It is not unusual for us to be out several times a week picking up donations of clothing, bed linens, towels, household items, and sometimes even furniture from generous benefactors who have called.

In 1984 the Federal Victims of Crime Act established a Crime Victims Fund in the Treasury. Its money accumulates from federal criminal fines, penalty assessments, and forfeited bonds and royalties. This fund provides two kinds of grants: Victim Compensation Grants, which

tims of Crime Act are programs which assist victims of sexual assault, spousal abuse and child abuse.

The State Law Enforcement Planning Agency (SLEPA) designates funds which are administered through the Victim/Witness Assistance Program in the office of the Essex County Prosecutor.

Sounds simple, doesn't it? Not so. Decisions about the distribution of funds earmarked for Essex County require hours of discussion among the qualifying agencies. Agency representatives would probably still be negotiating if first John McMahon, then Sydney Roberts from the Prosecutor's Office hadn't been on hand to move the process along to a happy ending. And, the shelter lived happily ever after because it had a new van and could give better services to its very deserving clients.

CALL FOR HELP

Is your husband or boyfriend abusing you? You are not alone — it happens a lot. There's a number you can call 24 hours a day where people are available to help you explore your feelings and plans. All calls are kept confidential.

Don't let this situation continue. **NO ONE DESERVES TO BE BEATEN!**

Call Babyland's Essex County Family Violence Project at 484-4446. In the Caldwell area, call PEACE at 226-6166.

NEW COMMUNITY HEALTH CARE CENTER

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We serve the health needs of not only NCC residents, but are available to the People of the entire area.

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Transportation provided at minimal cost. Any Medical Insurance welcome. Please call for an appointment or information:

TELEPHONE: (201) 623-2480

Support Needed For Equal Funding...

Continued from Page 1

mentioned by RNs as important were included in both recruiting and retaining categories, the report concluded that the steps necessary to keep nurses were the same as those used for recruiting.

Benefits were high on the list of factors, including: hospitalization; medical/surgical plan and dental insurance paid for fully or partly by the employing institution; a vacation plan which increased according to length of service; and a retirement plan paid for all or in part by the nursing home.

Salary was also expected to increase with length of service or by merit earned, and a pay differential for holiday and weekend work was expected.

The institution's working conditions were considered important, especially for retention. Nurses are looking for a well-equipped facility whose nursing units function well and with adequate orientation which gets newly hired RNs off on the right foot. In-service programs and continuing education programs were sought and a facility with adequate staffing to do the job properly.

We urge people to voice their support of equal funding for nursing homes to Governor Kean.

The ones who will suffer from this continued inequity will be the elderly poor, for whom life has already been paved with trials and hardship.

If you are near the top rung of the economic ladder a nursing home is no problem. But one's life savings can be eaten up very quickly when illness suddenly strikes the elderly; then, life becomes very cruel, almost heartless

in what it offers.

New Community Extended Care Facility was created to fill the needs of those on the lower end of the scales economically. We care for Medicaid and Medicare clients. They are just as important as a Rose Kennedy in the eyes of our doctors and our staff, for they are God's creation, and deserve to live out their lives in dignity. They have nowhere else to go.

One day each of us will be old. How will we fare in the twilight of our lives? Must we wait until we are the ones on the receiving end, wishing we had capable compassionate nurses to depend on, before we finally care?

We need to recognize the importance of today's action and positively respond to the needs of our future. It must improve — it must get better. The Department of Health for the State of New Jersey has increased the standards for the quality of care in Nursing homes. So what must our Homes do? Improve the staff's education and recruit and retain highly qualified professionals to do the job. But this cannot be done without more money.

Let us write letters and voice our concerns on Bill (A2463). Encourage others to focus on our future needs as well. Let's plan to look forward to a healthy and useful life as we yet live.

If you haven't sent a letter to support this Bill, please act now.

WRITE TO:

The Honorable Laurence S. Weiss
P.O. Box 229
165 Washington Street
Perth Amboy, New Jersey 08862

We need your support.

New Licensing Standards Issued

On June 20, 1988, the New Jersey Department of Health issued new licensing standards for long term care facilities. The rules and standards are intended to assume the high quality of care delivered in nursing homes throughout New Jersey. Components of the quality of care addressed by these rules and standards include access to care, continuity of care, comprehensiveness of care, coordination of service, humaneness of treatment, conservatism in intervention, safety of the environment, professionalism of caregivers and participation in useful studies.

Rules are mandatory and contain minimum and essential requirements of care provided by a facility. Failure to comply with mandatory rules will

subject a facility to fines or other actions by the Department of Health.

Standards are advisory and contain benchmarks of excellence on superior attainment in providing care of high quality.

Increased staffing is required for Nursing, Social Service, Activities and Nutrition Service. However, full compliance was delayed until July 1, 1989.

The most important aspect of the new rules and standards is the effort made to safeguard the rights of patients. The nursing home is the "home" of the patient and is entitled to respect, dignity and to be free from physical and mental abuse.

Leroy Canady
Executive Director

The Gift Of Music

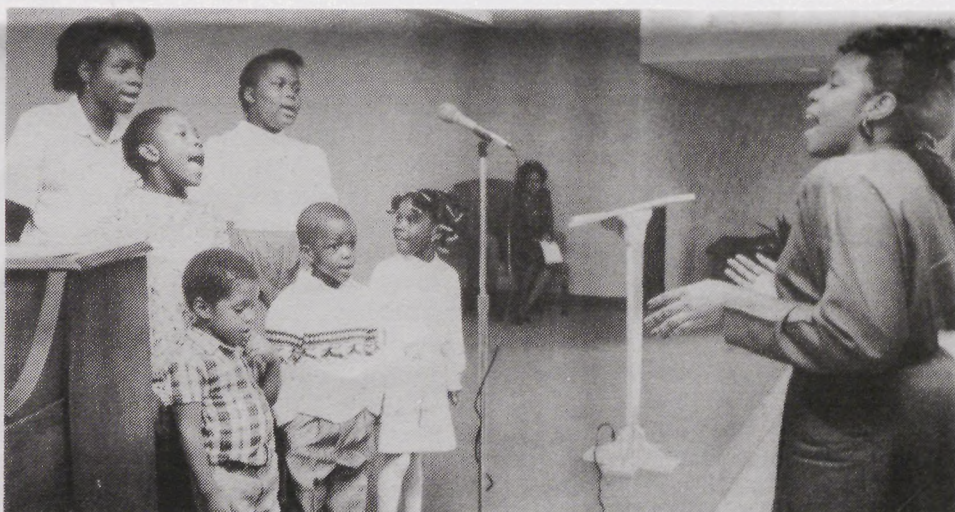
Over 100 residents and their relatives, staff and friends attended the second Summer Concert of Inspirational Music held at the Extended Care Facility on August 24, 1988.

Following a warm welcome by Leroy Canady, Executive Director, guest artists performing included Dan Drew and Mary Genthon from Our Lady of Good Counsel Church, Evelyn Rudder and Jamal Barnes of Bethany Baptist Church, a Children's Choir from Gethsemane Baptist Church, Marlene Pegel from St. Bonaventure Church, Paterson, Emily Ross and Curtis Watkins of St. Rose of Lima Church.

Extended Care staff were Lisa Strand as Mistress of Ceremonies, soloists Emily Morgan, Director of Finance and Ron Burgess, Director of Activities; Nursing Staff Sharon Reese's daughter, Kelly, was the youngest soloist.

As the greatly enjoyed program concluded, all present joined Sister Consuela, NCECF Chaplain, in thanking God for this wonderful occasion to praise and glorify His holy name, to lift hearts and minds in prayerful song. This event very well fulfilled the words of Holy Scripture, "the gift you have received, give as gift."

Sr. Consuela



Very young choir member from Gethsemane Baptist Church entertain the audience handsomely.

Our Thanks To Trader Horn

During the Memorial Day weekend, a video cassette recorder (VCR) was stolen from the Extended Care Facility.

The VCR provided the opportunity for residents and Medical Day Care clients to view movies for education on health problems as well as for enjoyment.

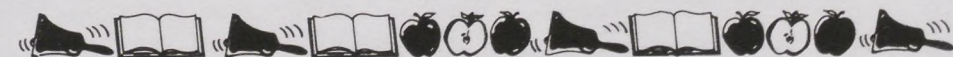
The resolution to the problem was to get someone to donate another

player. Hilda Matos, Activities Assistant for the Medical Day Care Center assumed that responsibility by calling stores and agencies for such a donation. The problem was solved when she made contact with Trader Horn, in Union, N.J. who gladly donated a VCR.

On behalf of all the clients and staff,
THANK YOU, TRADER HORN!!!!



Kevin Fox, assistant manager at Trader Horn in Union, is pleased to have helped out Hilda Matos from the Extended Care Facility.



NEW COMMUNITY EXTENDED CARE FACILITY AND MEDICAL DAY CARE CENTER

INVITES THE PUBLIC TO ITS

OPEN HOUSE

WEDNESDAY, SEPTEMBER 14, 1988

FROM 2 P.M. TO 4 P.M.

AND

THURSDAY AND FRIDAY, SEPTEMBER 15 AND 16, 1988

FROM 10 A.M. TO 12 P.M. AND 2 P.M. TO 4 P.M.

LOCATED AT

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Meet the residents and staff and tour our modern facility. We will be happy to show you what to look for in quality nursing home care and to discuss the challenges presented in providing that care.

We are a non-profit facility accepting Medicaid and private clinics.

Food And Drug Interactions

If you're taking a drug, the food you eat could make it work faster or slower or even prevent it from working at all. Eating certain foods while taking certain drugs can be dangerous. And some drugs can affect the way your body uses food.

by Phyllis Lehmann

Would it occur to you not to swallow a tetracycline capsule with a glass of milk? Or to avoid aged cheese and Chianti wine if you are taking a certain medicine to combat hypertension? Or to eat more green leafy vegetables if you are on The Pill? Probably not. Yet the effects foods and drugs have on each other can determine whether medications do their job and whether your body gets the nutrients it needs.

The extent of interaction between foods and drugs depends on the drug dosage and on the individual's age, size, and specific medical condition. In general, though, the presence of food in the stomach and intestines can influence a drug's effectiveness by slowing down or speeding up the time it takes the medicine to go through the gastrointestinal tract to the site in the body where it is needed.

Food also contains natural and added chemicals that can react with certain drugs in ways that make the drugs virtually useless. Some reactions can be downright dangerous, triggering a medical crisis or, in rare instances, even death.

It is because of these interactions that your doctor tells you to take certain medications on an empty stomach, some just before meals, and some with meals.

In general, it is unwise to take drugs with soda pop or acid fruit or vegetable juices unless you check with your doctor first. These beverages can result in excess acidity that may cause some drugs to dissolve quickly in the stomach instead of in the intestines where they can be more readily absorbed into the bloodstream.

Perhaps the most hazardous food-drug interaction is the one between monoamine oxidase (MAO) inhibitors, drugs at times prescribed for depression and high blood pressure, and such foods as aged cheese, Chian-

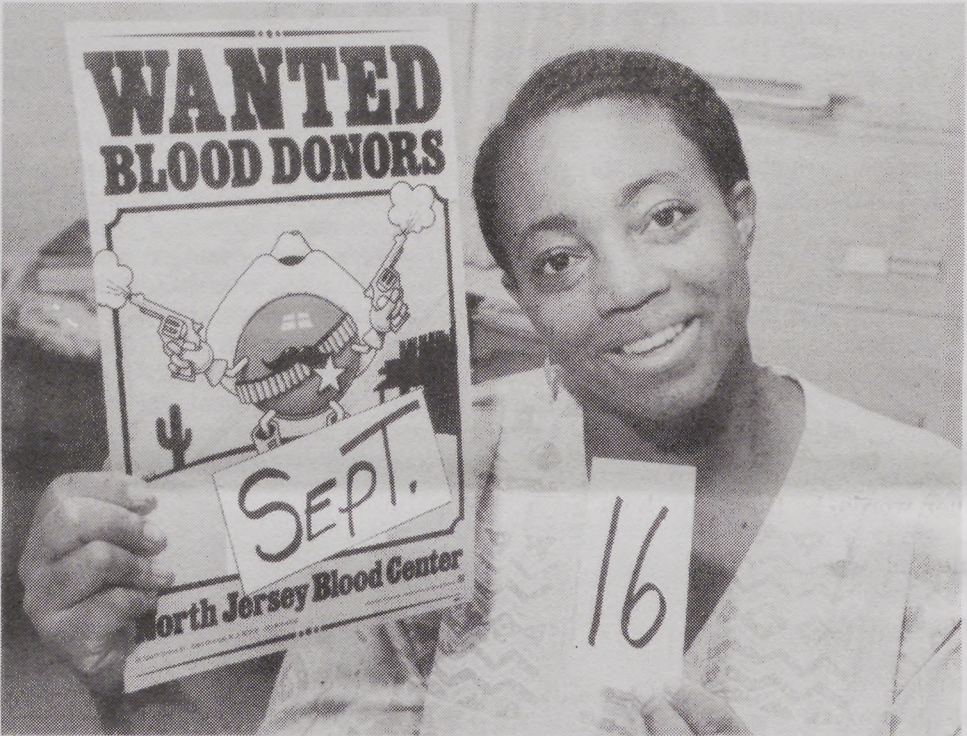
ti wine, and chicken livers. MAO inhibitors can react with a substance called tyramine in these foods and force the blood pressure to dangerous levels, sometimes causing severe headaches, brain hemorrhage, and, in extreme cases, death.

Alcohol, which is actually a drug itself, although not regulated as a drug under the Food, Drug, and Cosmetic Act, does not mix well with a wide variety of medications, such as antibiotics; anticoagulants; antidiabetic drugs, including insulin; antihistamines; high blood pressure drugs; MAO inhibitors; and sedatives. Alcohol combined with antihistamines, tranquilizers, or antidepressants causes excessive drowsiness that can be especially hazardous to someone driving a car, operating machinery, or performing some other task that requires mental alertness. A good rule of thumb is to avoid alcoholic beverages when taking any type of prescription or over-the-counter medication.

Long term use of diuretics, or "water pills," to treat such conditions as congestive heart failure, can lead to serious potassium depletion. If the potassium loss is not corrected in heart patients taking digitalis, the heart may become more sensitive to the effects of the drug. People taking diuretics regularly should eat foods which are good sources of potassium. These include tomatoes and tomato juice, oranges and orange juice, dried apricots, cantaloupes, figs, raisins, bananas, prunes, potatoes, sweet potatoes, and winter squash.

Because oral contraceptives are used so widely, their effect on nutrition has been getting increasing attention. The Pill is known to deplete the blood's content of certain vitamins, notably folic acid and vitamin B₆, but usually the vitamin depletion is not serious enough to cause overt symptoms. In most healthy women with good diets, these vitamin levels do not go down to a point that is alarming, says Dr. Daphne Roe, a Cornell University nutritionist. "But in a poverty group of young women who are trying to make do with very little and who have limited nutritional knowledge, you may find a different situation," Dr. Roe says. "It is this group we are most concerned about."

Blood Drive Date Set



Joyce Cook finds a new way to announce the coming blood drive at NC Manor Senior on Friday, Sept. 16, 10-3 p.m. All donors will automatically be entered in a drawing for two prizes.

Because her requirements for several vitamins may be increased, it is especially important for any woman on The Pill to eat a nutritionally balanced diet. In particular, if a woman on The Pill is living on snack foods, she is more likely to develop folate deficiency than her neighbor who every day eats green leafy vegetables, which are a good source of folic acid, according to Dr. Roe.

Mineral oil, an old-fashioned laxative still widely used by elderly people and in nursing homes, can hinder absorption of vitamin D. One study reported that as little as 20 milliliters (4 teaspoons) of mineral oil twice daily can interfere with absorption of vitamin D, vitamin K, and carotene, a substance the body converts to vitamin A.

What can consumers do to prevent undesirable food-drug interactions? Here are a few suggestions:

- Read the labels on over-the-counter remedies and the package inserts that come with prescription drugs.

- Follow your doctor's orders about when to take drugs and what foods or beverages to avoid while taking medications.

- Don't be afraid to ask how drugs might interact with your favorite edibles, especially if you consume large amounts of certain foods and beverages. While taking drugs, be sure to tell your doctor about any unusual symptoms that follow eating particular foods.

- Eat a nutritionally well-balanced diet from a wide variety of foods. Use of a needed drug, even on a long term basis, is less likely to cause depletion of vitamins and minerals if your overall nutritional status is good.

Drug labeling and informed health professionals can be helpful to you, but your doctor and pharmacist cannot follow you to the dinner table or the snack bar. Remember that warnings about food-drug interactions are only as good as the patient's willingness to heed them.

Excerpts from original article courtesy of Dept. of Health and Human Services

Farmers Market At Bethany Baptist



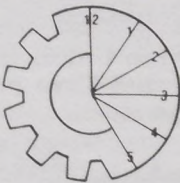
NCC Human Resources Director Cecilia Faulks is a steady customer at the market every Thursday, a stone's throw from St. Joseph Plaza.

Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



New Community Employment Center

15 Hill Street
Newark, N.J. 07102

(201) 643-3828

Notes From Babyland: Adolescence

Possibly this might be the most difficult time in raising. Hundreds of books have been written on it, we all have experienced it; yet the pitfalls and hazards at this level of age seem to be in greater number and are a constant threat for the well-being of our youth.

This is the period of life when the body matures faster than the brain can adjust. The adolescent begins to want to act like an adult, but not to assume any responsibility. They want to smoke, want to stay out late; in other words, be their own boss.

From my experience, it is a NO-NO. One has to set time limits and rules which must be strictly adhered to. Reasonable rules will be obeyed. They need and want guidance. So help them with discussion, explanation if asked for, and of course, continued love.

The adolescent is under peer pressure, however misguided it may be. So check friendships, school achievement, change in behavior — arrogant, resentful, etc. These are often a sign of a cloud coming over. You might be able to change the weather.

The girls are even more at risk. As Bill Cosby states: "The boys are out to score." I well remember a College



Dr. Paul

Kearney

girl in her freshman year being called a Lesbian because she wouldn't cooperate. He lost that round.

Drugs are truly the fright of this generation. It is obvious that we have been late in getting to the grammar school level in instructing of the dangers. If for no other reason, the amount of Easy Money made as a pusher, has created a dangerous role model for the highly susceptible youth. The parent has to be more alert for trouble. Inspect their clothes and dresser drawers for marijuana, money, etc. It may be a lead to stave off greater dangers.

Excuse the old saying "an ounce of prevention is worth a pound of cure."

Paul Kearney, M.D., F.A.A.P.
Medical Director
Babyland Nursery, Inc.

The Spa Line — Let's Talk About The Heart

Most people who come to the spa are health conscious individuals. The most frequent area of concern is the heart, especially how blood pressure and cholesterol affect it. The following may be of help.

Blood Pressure is the force that is exerted on the blood vessel walls as the heart pumps. The pressure consists of two measurements: systolic pressure, which is when the heart pumps, and diastolic pressure when the heart is at rest. A desirable pressure ranges from 110-135 for systolic and between 60-90 for diastolic. A person with systolic pressure of 150 has twice as much chance of having a heart attack as one with 120.

High blood pressure is responsible for more than 50% of heart disease deaths. The high percentage is due to the fact that many people don't realize they have it, or once they do they don't follow medical directions as they should.

Blood pressure becomes elevated when the passageway of the blood vessel narrows due to blockage. Thus the heart has to use extra force to pump the blood through. The arteries begin to narrow when plaque (which consists of cholesterol deposits) builds up on the walls. This thick waxy substance continues to build up until the blood flow is strained, many times to life-threatening situations.

Cholesterol is not entirely bad for you. Your body needs cholesterol; it is made and secreted from the liver and acts as fuel for brain activity. It is only when it is in dietary excess that it becomes harmful. Doctors recommend that you keep your level

in between 140 mg and 270 mg, however, the lower end of the scale is preferable. **Muscle and Fitness** shows that the cholesterol count of a middle aged American male is an average of 220 mg whereas middle aged males of the Orient have a count of 150 mg and heart attacks are very rare.

An average intake of 250 mg of cholesterol per day is sufficient and will prevent excessive build-up. This combined with regular exercise will increase circulatory efficiency and lessen the chance of high blood pressure and heart disease.

We can all take some of the strain off our hearts by trying to be more conscientious about exercise and our diets (cholesterol and fats are the main culprits) and limiting the intake of animal fats (regular hamburger is 62% fat), dairy products, and a lot of processed foods.

To reduce the amount of cholesterol intake:

—avoid fatty meats and processed foods.

—use lowfat or skim milk.

—avoid excessive amounts of salt.

—eat greater amounts of skinless chicken and fish.

—remove excess fat from red meats and stay away from highly marbelized foods.

—cook (steam) vegetables in their own juices, low-calorie margarine, or lemon juice.

—have blood pressure and cholesterol level checked regularly.

—exercise!!

Dana Lowe
Exercise Physiologist

FOOT FACTS:

Hot Tips For Feet

Office Hours at St. Joseph's Plaza
9 - 12 Mon.

9 - 12 every 2nd & 4th Sat.

Hot weather vacations!

Hot weather! It lasts longer than we think — even through September and October for many areas. You're in shape for swimming, boating, the beach, and more. You're looking fine. Except for your feet.

You can't keep your feet covered in the sand or in shoes all vacation long. So, take a few minutes to read about your feet, and how to get them ready for your summer vacation, or that beach vacation in a hot climate later this year.

The skin on the top of your feet is just as sensitive to sunburn as other skin not usually exposed to the sun. So use suntan lotions to prevent burns, particularly after swimming in the pool or the ocean because lotions may come off in the water.

If you burn your feet, this can ruin your vacation. Use a good sunscreen or cover your feet if you feel they are burning.

When returning from the beach or pool, wash your feet and dry thoroughly. Use a moisturizing cream to keep your skin soft and to prevent dry, cracking skin. Reminder: When you wear sandals on your vacation, even when shopping, apply suntan lotion to your feet if you are going to be walking in the sun.

Even minor cuts, bites, or scrapes can spoil a hot weather vacation. Keep these areas clean and protected. If redness, swelling or oozing from the area develops, seek professional medical attention.

Sandal Savvy

Here are a few tips on finding and fitting those hot weather sandals:

•Shop for your sandals at midday or toward evening. Feet tend to swell slightly during the day, so it makes sense to fit new footwear when your feet are at their largest.

Dr. Kenneth

Frank

Podiatrist



•Don't just wear one shoe when testing. Put them both on, and walk around in them to test for comfort.

•Sandal straps should "give" slightly during walking; they should never pinch or rub the skin.

•The sole of the foot should be a snug fit on the sole of the sandal. Neither your heel nor your toes should hang over the edges.



•Opt for lower heels. They're more comfortable, and will provide a natural posture, thus helping to avoid aches and pains.

•And wear the sandals. Don't go barefoot, except on the beach or in a grassy area that's known to you. Walking barefoot on city streets can cause cracks in the skin, leading to virus infections such as plantar warts, or infections. Bare feet equal dirty feet: it heightens the chance for infections.

A beach is the natural place for walking barefoot, but caution should be exercised even here. Many beaches are veritable "mind fields," littered with broken glass and other debris.

Most podiatric physicians concede that people will continue to walk barefoot despite the warnings. As a result, they suggest caution, followed by first aid and professional care, should injury occur.

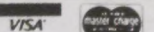
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Roseville Gardeners Win Prizes

"City Harvest," the Urban Outreach Gardening Program from Rutgers University awarded 1st, 2nd, and 3rd place prize ribbons to the New Community Roseville Garden Club of the West Ward.

The winning gardeners from the Roseville Club are Mrs. N. Patton, Mrs. I. Barnes, Mrs. R. Trogon, Mr. E. Shambley, Mr. H. Lott and Reverend L. Green, President of the Roseville Garden Club.

The following vegetables were displayed: cabbage, egg plant, collards, corn, string beans, kale, beets, cucumbers, tomatoes, and peppers. All vegetables were grown and harvested with the help of the Rutgers University Urban Outreach Gardening Program under the direction of Mr. Milton Okai (Rutgers Representative).

R. Steve Perkins
Reverend L. Green



Proudly displaying the fruits (er, vegetables) of their labors are, (L-R) Rosalie Trogon, Rev. L. Green, E. Shambley, and I. Barnes.

Social Security News

Surviving dependents of a deceased worker should apply for Social Security Benefits as soon as possible following the worker's death, Ms. Catherine G. Christoff, Social Security manager in Newark, said recently.

Applying promptly will allow benefits to start in the shortest possible time. In addition, Ms. Christoff said, some benefits cannot be paid more than a month before the application is filed.

Social Security benefits can be paid to these survivors:

- Unmarried children under 18, or under 19 if a full-time high school student.
- Unmarried children over 18 who were disabled before 22 and remain disabled.
- A surviving widow or widower of any age caring for a child under 16 or disabled who gets benefits.
- Widow or widower 60 or older.
- Disabled widow or widower 50-60.
- Dependent parent 62 or older.

Benefits can also be paid to a surviving divorced spouse if the marriage to the deceased worker lasted 10 years or more. Grandchildren or great-grandchildren can get benefits on a grandparent's or great-grandparent's record under certain circumstances.

Before any benefits can be paid, the worker must have had credit for a certain amount of work covered by Social Security. In 1987, the amount ranges from 1½ to 9 years depending on the worker's age at death.

More information about survivor's benefits can be obtained at the Newark Social Security Office, located at 970 Broad Street. The telephone number is 429-8200. The

people there will be glad to answer any questions.

People who delay applying for Social Security retirement or survivor benefits for some time after they become eligible may miss out on some checks, Ms. Catherine G. Christoff, Social Security manager in Newark, said recently.

This is because the number of months for which back payments can be made is limited.

In general, people who apply for retirement or survivor benefits after they reach 65 can get back benefits for up to 6 months before the month they apply, but not before the month of their 65th birthday.

People who apply for reduced benefits before 65 generally cannot get benefits for any month before the month they apply.

People who apply for benefits because they are disabled — workers, adult children, widows, and widowers — can get benefits for up to 12 months before the month they apply if they are eligible in all other ways.

People can save time when they do apply for benefits if they have the necessary documents ready, Ms. Christoff said. This includes the person's Social Security card or record of the number, birth or baptismal certificate, W-2 forms or self-employment tax returns for the past year and marriage and death certificates, if appropriate.

More information about applying for benefits can be obtained at the Newark Social Security office, located at 970 Broad Street. The telephone number is 429-8200. The people there can suggest other documents if those listed are not available.

Babyland II

Just the other day one of the care-givers commented on how quickly time passes and how beautifully the infants have developed, referring to Wayne, Jessica, Shakira, Ashley and Dominique and that Babyland II's graduates: Raheem Acres, Taleah Cummings, Davon Davis, Elizabeth Johnson, Amanda Perez, Lateef Thomas, Jennifer Tolbert and Jathiyah Valentine will be saying good-bye and preparing for school. I like to think of September as Eve Merriam writes in her poem: LEAVETAKING:

"Vacation is over; It's time to depart.

I must leave behind (although it breaks my heart)

Tadpoles in the pond, a can of eels,
A leaky rowboat, abandoned car

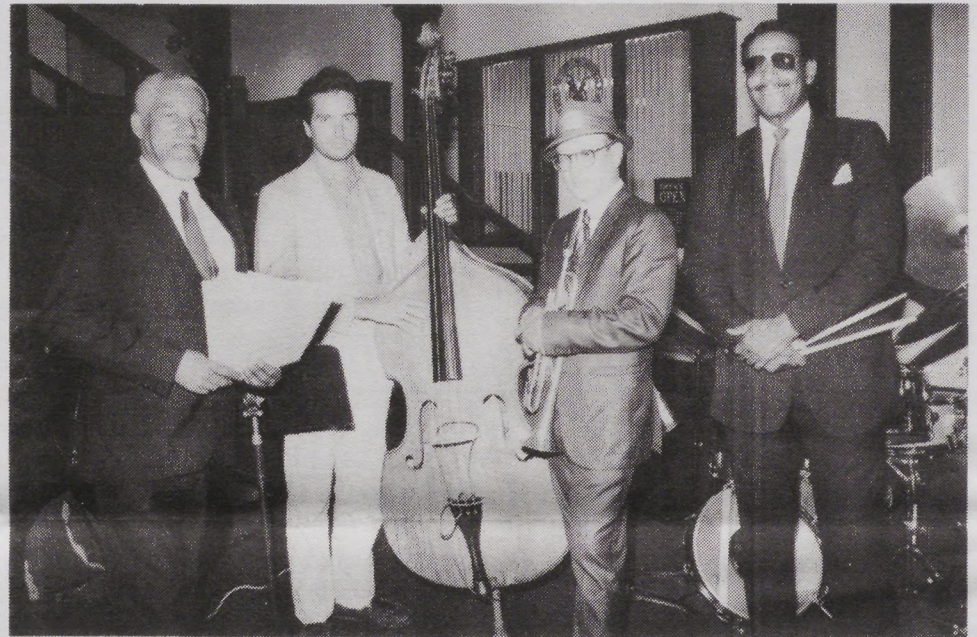
wheels:

For I'm packing only necessities:
A month of sunsets and two apple trees."

And so we turn our dreams and energy to New Beginnings, the fruit of the "two apple trees..." and pray for a speedy recovery for Sylvia Parker and Susan Livingston and welcome our new Babyland II van care-giver Ms. Mary Ann Braunskill and extend to all Parents an opportunity to attend Nutrition Classes, every Monday at 10:00 a.m. to 11:00 for eleven weeks starting September 12, 1988 at Babyland II. Each participant will receive a certificate from Rutgers University upon conclusion of the classes.

Sister M. Helene Trueitt,
ASC

The Duke Anderson All Stars



L-R: Duke Anderson, Joel Forbes, Thomas Kirkpatrick, and Curtis Johnson.

JAZZ JAZZ JAZZ!!!

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THE DUKE ANDERSON ALL STARS

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On drums - CURTIS JOHNSON

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On bass - JOEL FORBES

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Security Corner

Officer Of The Month

Security Officer Marlon Anderson, a one year veteran of the NCC Security Force, was selected "Officer of the Month," for August, 1988.

Officer Anderson was selected by Director of Security James DuBose, and the Associate Director of Security, Otis Rhynes, because of his unselfish dedication and loyalty to duty.

Officer Anderson who has served with honor and distinction wherever assigned, is a model officer. One who is always immaculately dressed and

it. Security Officer Anderson upon seeing the victim sitting in the car, which was engulfed in flames, managed to pull the victim to safety. The victim was removed to College Hospital.

Officer Anderson was presented with NCC Security's most prestigious Class "A" commendation which is the "Medal of Honor" for his valiant efforts.

The medal will be presented to him (along with the Meritorious Service Award, which is NCC Security's second highest award), at NCC Security's Fifth Annual Awards Ceremonies in May of 1989.

Officer Anderson was the recipient of an Honorable Service Award at the Fourth Annual Awards ceremonies.

Anderson was recently assigned to the NCC Douglass-Harrison housing complex, where Sister Ann Quirk, manager, stated that he is a welcome addition.

Officer Anderson was presented with an engraved plaque from the Katzin's Uniform Co. of Newark who along with the security department are co-sponsors of the program.

Congratulations Officer Anderson on your fine record and achievement.

Officer Sweet Promoted

Security Officer Joseph Sweet, a three year veteran of the NCC Security Force, was promoted to the rank of Sergeant on Monday, August 1, 1988.

The Director of Security, James DuBose, stated that he was very pleased to have the opportunity to promote Sergeant Sweet who had been an acting sergeant for the past three months. During this period of time, he demonstrated that he was capable of handling the position. He has had a varied amount of experience in all phases of the security



Sergeant Joseph Sweet receives congratulations on his promotion from Security Director James Du Bose.

operation. Sergeant Sweet has proved his loyalty on many an occasion. He is an officer who can always be relied upon to give that little extra when needed.

Associate Director Otis Rhynes in commenting on the promotion said of Sergeant Sweet "he has served with distinction wherever he has been assigned, thereby earning him NCC Security's Meritorious and Honorable Service awards for his efforts."

The responsibility of supervision is nothing new to the graduate of Hillside High School. One of his first jobs upon graduation was that of

managing a well known fast food service restaurant in Union for four years.

He has been a part owner and manager of a neighborhood bar and dance hall in Paterson, N.J. for the past three years, during his off duty hours. Never has he allowed the two to conflict, preferring instead to place his loyalty to NCC as a security officer first and foremost above any other consideration. Director DuBose, Associate Director Rhynes and the entire security force wish him well, and congratulate him on his promotion.



S/O Marlon Anderson

one who goes about performing his duties in a pleasant and professional manner, no matter what the assignment.

Just recently he was cited by both DuBose and Rhynes for having saved the life of a despondent AIDS patient. The patient in trying to commit suicide, had doused a vehicle in which he was sitting with gasoline and lit

Black History Notes

DANIEL HALE WILLIAMS (1856-1931)

SURGEON

Researched by James E. DuBose

Daniel Hale Williams, a pioneer in open heart surgery, was born in Holidaysburg, Pennsylvania.

After graduating from Chicago Medical College in 1883, he opened his office on Chicago's South Side at a time when Chicago hospitals did not allow black doctors use of their medical facilities. In those days operations were often performed on kitchen tables in tenements scattered throughout the black belt.

Dr. Williams put an end to this practice by founding Provident Hospital which was opened to patients of all races in 1893. On July 10th of that year, a patient was admitted to the emergency ward with a knife wound in an artery lying a fraction of an inch from the heart. With the aid of six surgeons Williams made an incision in the patient's chest and operated on the artery. Detaching the fifth rib from the breast bone he inspected the heart and noticed that the heart muscle had been punctured. Realizing that it would not be enough

to just suture up the wound, he continued to repair the pericardium and the left internal mammary artery, while working through an opening of only two and one half inches. He then sutured up the chest completing the momentous operation.

The patient, James Cornish, who lay near death for three weeks finally recovered and after a month was able to leave the hospital.

An uproar of publicity greeted Williams' later announcement that his heart surgery had been successful. Much of it was negative in the sense that skeptics doubted that a black doctor could engineer such a significant breakthrough. Unaffected by the notoriety, Doctor Williams continued a full time association with Freedman's Hospital, Washington, D.C.

Dr. Williams died in 1931 after a lifetime devotion to the NAACP, and the construction of hospitals and training schools for Black doctors and nurses.

Just In Jest

Customer: I'd like to see something cheap in a straw hat.

Salesman: Certainly sir. Try this one on, sir, and the mirror's on your left.

—Unknown

Salesman: These are especially strong shirts, madam. They simply laugh at laundry.

Customer: I know that kind; I had some which came back with their sides split.

—Unknown

Customer: (on the telephone) — One of the apples you sent me was rotten. I am bringing it back.

Storekeeper: That's all right, madame. You needn't bring it back. Your word is just as good as the apple.

—Unknown

Tremble Chin: Sir, my wife...er...told me I must ask for an increase.

The Head Man: So? Well, I'll ask my wife if I can give you one.

—Unknown

★ Essex County College ★

★ Community and Continuing Education ★ Career Training Institute ★

Career Training Institute programs are Short Term Job Training Programs which prepare individuals to enter employment in high demand occupations. They are offered on a full time basis and emphasize hands-on training in areas and methods required by business and industry. Job Placement is a primary component of each program. Financial Aid is available.

★ ★ SCHEDULE FOR FALL 1988 ★ ★ Newark Campus Full Time Programs

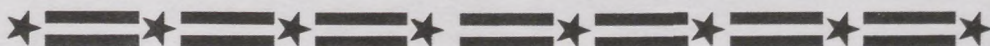
	Registration Ends	Start Date	End Date
Computerized Accounting (16 weeks)	09/09/88	09/19/88	01/19/89
Data Entry Operator Specialist (16 weeks)	09/09/88	09/19/88	01/20/89
Computerized Typography and Graphic Design (20 weeks)	09/09/88	09/16/88	02/17/89

West Caldwell Campus Full Time Programs

	Registration Ends	Start Date	End Date
Digital Electronics Technician (26 weeks)	09/02/88	09/12/88	04/07/89
Office Careers with Word Processing (13 weeks)	09/02/88	09/12/88	12/14/88

★ For More Information Or For An Application Package ★

★ CALL 877-3244 ★



At Your (Social) Service

by the Staff of NCC Social Services Department

Lively Summer Youth Program Draws To A Close

August 26, marked the end of another NCC Summer Youth Program. Many friends and new experiences were had and exchanged. It was a summer full of fun and trips to lakes and parks. To celebrate, everyone from children, staff personnel and parents took part in planning the annual closing picnic.

The picnic as in the past was a great success, with plenty of fun, games and food. The children enjoyed for the first time competitive games in soft ball, basketball and kickball.

We would like to thank Babyland and Dan Fabrizio for excellent and well played games, between all the children. We look forward to next year's competition.

On August 3, NCC Summer Youth visited City Hall and the Mayor of this great city. The children talked with the Mayor and asked questions about the city. The Mayor and Councilman Ronald Rice in turn talked about the importance of education and all that will be going on in the City of Newark.

The children also visited Fire Headquarters and learned how fires are called in and fire engines are sent out, and the importance of not playing with the fire boxes.

Over this summer as in the past, we have tried not only to bring the children fun and games but to alert their curiosity to learn, keeping in mind that tomorrow's problems will be solved by the children of today.

Football Tickets Donated

August 27, a group of 10 youths took in a football game at the Meadowlands. Not just a football game but the Nebraska vs. Texas A & M kick off classic VI. The game and the 58,172 fans jammed into Giants Stadium were a sight to see! A wonderful time was had by all.

Thank you **Hartz Corporation.**
Congratulations

NCC Summer Basketball team for another trip to the playoffs.

Up Coming

NCC After School Program: 3:30-6:00 p.m. Dinner will be served in addition to remedial help for all elementary school children. For information, contact Youth Department at 623-6114.

NCC Basketball League: Contact Eladio 623-6114.

Weight Lifting Club is now forming and donations (equipment) are needed. Contact Eladio 623-6114.



Ye gads — a peacock! (at the Turtle Back Zoo.)



The Newark Fire Department visits NCC and demonstrates its protective uniforms and fire-fighting equipment.



Making the acquaintance of a visiting turtle.



Bending and stretching at the Spa.



The whole gang gathers for a souvenir photo before the fun begins.



Swimming lessons at the "Y".



Sesame Street's Ernie greets fans from New Community.



Dancers do their thing on the "Gong Show."



Tubing is a cooling experience on a hot day.

A Musical Celebration

On Saturday August 27, 1988 a joyous sound could be heard coming from the Community Room at NC Manor Senior.

Several months ago Mrs. Henrietta Dukes decided to hold gospel ses-

This Saturday was chosen to mark the first Anniversary of the Manor Senior Gospel Hour.

It was a beautiful affair which showed that a lot of love had gone into the preparation. The ladies had



Henrietta Dukes Goodson (L), the group's organizer, joins fellow singers Pensular Wilson (Center) and Ora Waters.

sions for the entertainment of her fellow friends and neighbors. This idea took on so well that it expanded into dinners and guest choruses etc. Now, once a month everyone expects and anxiously awaits this gospel presentation.

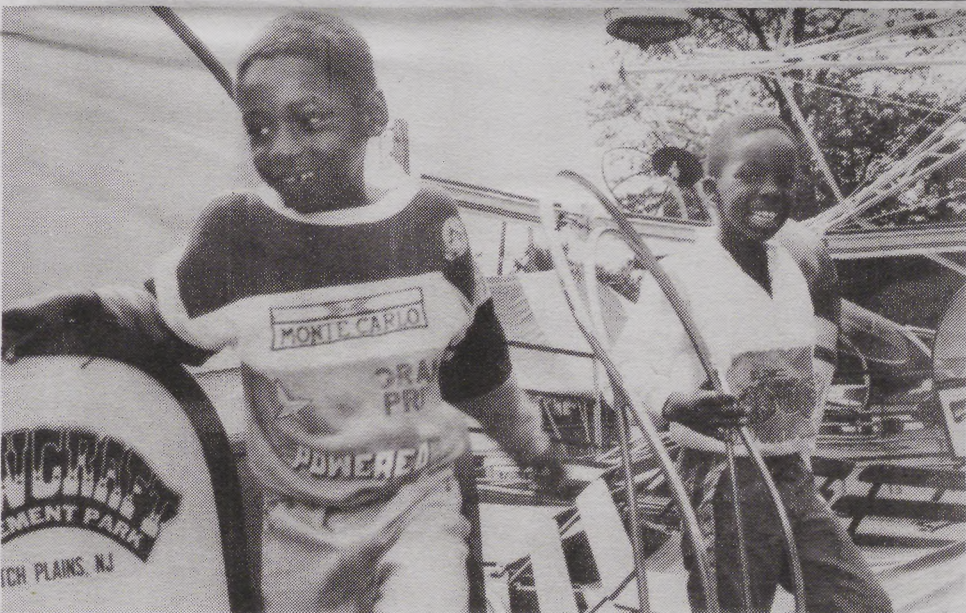
Mrs. Dukes is lead soloist and is accompanied by Mrs. Angela Hicks, Mrs. Essie Gilbert and Mrs. Wyline Thomas quite regularly, all of whom are also Manor residents.

prepared several tempting dishes and beautified the community room and still managed to provide a heartfelt round-delay of soul inspiring gospel music.

If you have never heard them please stop by the third Saturday of any month and you will not regret it, but leave feeling uplifted and renewed.

"Sing Praises to the Lord."

Joyce Cook



Two exhilarated survivors of a wild ride at Bowcraft.



Joke-telling fills a quiet moment with laughter.

SENIOR SEPTEMBER CALENDAR

Quote: "If you cannot find happiness along the way, you will not find it at the end of the road."

- Sept. 5 Holiday, Labor Day!
- Sept. 10 Grandparent's Day Get Together at 545 Orange St. 2 p.m.-4 p.m. Games, Food, Raffles
- Sept. 11 Grandparent's Day
- Sept. 12 Jewish New Year
- Sept. 13 Senior Advisory Board. New 1988-89 Session 1 p.m. at NC Gardens
- Sept. 15 Senior Cultural Craft Fair at South Mountain Arena 9 a.m.
- Sept. 16 Blood drive at (545) NC Manor Seniors
Pitch in a pint and be entered into our raffle. 10 to 3 p.m.
- Sept. 17 Citizenship Day
- Sept. 21 Yom Kippur
- Sept. 22 Autumn Begins!
- Sept. 23 Trip to "Fiesta Luncheon Theatre to see "Shenandoah." Lunch and show only \$22.00. Deadline to sign up **Sept. 9th.**
- Sept. 26 Brown Bag Day
- Sept. 30 Golden Age Senior Club Sponsors trip to Atlantic City. Leave from NC Manor at **8 a.m. Cost \$10.00.** Receive \$15.00 in coins and voucher. For seat contact Mr. Lou DeGroat at 485-4692.

I'd Rather Be Reading

Sometimes you are tired of watching television or you want to take an adventure without leaving your seat, or maybe listen to the Bible on Cassette; where do you go to do all

will be on hand for the lending of such items as books, cassettes, tapes and magazines.

The library's hours are: Tuesday, Thursday and Saturday from 1 to 3



Mary Teasley demonstrates one of the magnifiers available at NC Manor Senior's new library.

these things? Why to the Library of course!

The residents at Manor Senior can now do this without having to leave their building. As part of an ongoing Satellite project with the Newark Public Library, Manor officially came on-line with an in-house library facility. Mrs. Eunice Williams, a resident at Manor is the library attendant who

p.m.

We look forward to seeing you stop in for a visit. The library is located on the main floor, two doors before the superintendent's apartment. Also, if you have any ideas or suggestions for books you would like to see or films etc., please do not hesitate to contact Mrs. Williams. She is always ready to be of service.



It isn't easy to get to first base.

Enrichment Program Gives Much Satisfaction

The 6th year of the Summer Enrichment Camp Program sponsored by Babyland concluded on September 2nd. As Program Coordinator Dan Fabrizio and staff members took time to evaluate this year's ten week program all felt a well deserved sense of pride and satisfaction. They felt pride and satisfaction in being part of a winning team and in knowing that each, as a staff member, played a vital role in assuring the team's success. It was this year's goal to make 1988 the most successful of the six years and

for shows and exhibitions; instruction in swimming, aerobics, arts and crafts and tennis as part of the programming; and the reading classes for the 5 to 7 year old age group.

Competition is a fact of life and the children were given the opportunity to participate in several team efforts. The 8 to 12 year old boys combined skills and played a soft ball game against the New Community Camp at Branch Brook Park. The Babyland sponsored campers emerged the victors. The 8 to 12 year old girls played New Community in a kick ball game also at Branch Brook but were defeated in a close game. You win some, you lose some.

In an effort to make young children keenly aware of the importance of a healthy body, weekly physical fitness competitions for the 7 to 12 year old boys were held. Danny Daniels, an eight year old, captured the junior push-up championship with a high score of 70 push-ups. Raymond Cabrera captured the title in the senior division with 71. Malik James captured the honors in the junior weight lifting division and Eric Strothers in the senior division. Nasser Green was crowned the

camp's long distance running champion.

It has been a long and hotter than usual summer but the summer of '88 will be remembered by all associated with the summer program as a time

that proves hard work and dedication to children can make a difference. It is certain that all the children leave the program a little richer than when they began and for that, all are proud.

Martha Marshall



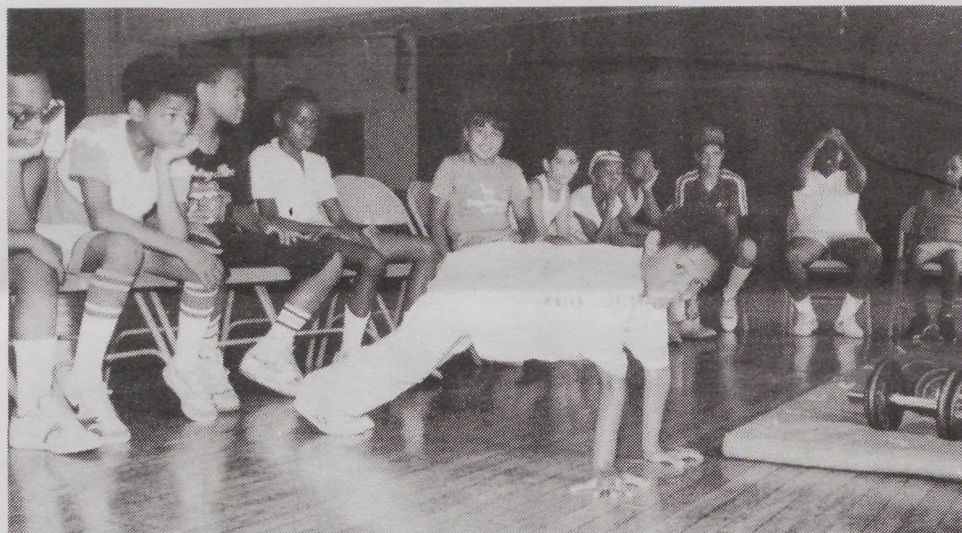
Eric Strothers smilingly hefts his share of heavy weights.

all connected with the program feel that this was accomplished.

The planning that goes into organizing daily activities for seventy children between the ages of 5 and 12 for a ten week period is not a small undertaking. But the success of the program proves that when you have dedicated, hand picked personnel, selected for individual strengths and talents, practical objectives can be realized.

The objective of the summer program was to provide a safe recreational environment, cultural enrichment and awareness, and educational progress via numerous varied activities.

In the August edition of the **Clarion** some of the activities of the program were mentioned in detail: the all day field trips to various parts of New Jersey for swimming and picnicking; the trips to Symphony Hall



Danny Daniels looks cool and confident as he works his way to the junior pushup championship.

St. Rose Experiencing Registration Explosion

The 1988-89 school year will witness a significantly large increase in enrollment. Not since 1978, when St. Rose of Lima School had double grades at each level, has any single school year experienced such a large registration, making it possible to re-open two classrooms as well as hire additional teachers. According to Mr. Arthur L. Wilson, Principal, this increase, to a large degree, can be attributed to the efforts of the READY Program of the Boys' and Girls' Clubs of Newark and the New Community-Babyland-St. Rose of Lima Network.

This year marks the introduction of a Gifted and Talented Program for upper primary and middle grades, and will see the re-introduction of the After-School Dance Program, after a three year hiatus. A family picnic in the mini park behind the church followed by a family Mass will start the new year while many other family orientated activities are planned.

Attitude Makes A Difference

Attitude is a mental position, feeling, emotion, posture toward or with regard to a fact or state, assumed for a specific purpose. It plays an important role in many facets of life: family; marital; employment; intra personal relations; values; and religion. It is the metronome for the melody of life — a compass for human energy and aspirations.

Attitude has to do with one's mindset, and influences the bringing of commitment to fruition. Standing at the fork on the road of decision, attitude influences the choice we make. It is a predisposition to behave or react in a certain way toward persons, objects, institutions, or issues, either positively or negatively, and typically implies a tendency to classify or categorize. Its sources are: cultural; familial; and personal.

One tends to assume the attitudes which prevail in the culture in which he grows up, a large segment of which are passed on from generation to generation within the family structure. However, some attitudes are developed on the basis of one's experience. Among the sources of adult attitudes are: propagandas; the media; suggestions from business institutions and other agencies which seek to influence conduct.

It is significant for people to have a proper attitude toward: family; spouse; job; school; property and life. The family and marital relations are undermined where proper attitudes toward them, on the part of its members, are lacking; and this frequently leads to divorce, separation, desertation, or violence.

Early in life, children must be taught, by parents and other responsible adults, right values, right attitudes, to value and respect human beings and their property, and to "love your neighbors as yourself." Pupils and students who come to school with a good attitude generally pay attention to their teachers, want to learn, graduate, and are more likely to move ahead in further study or satisfactory employment. This disregard for other people's property

is alarming where there exists an attitude of greed. The media daily bears testimony to the incompassionate attitude many people have toward life.

There are times during which problems prevail and we seemingly are halted in our pursuits, and we may assume a negative discouraging attitude toward life, tending to forget that there are others who have been faced with similar hardship and they did not succumb but kept going on, trying, never giving up. Youth might take heart from Langston Hughes' poem, *Mother To Son*, in which is expressed the unrelenting attitude of a poor, struggling black mother encouraging her son to develop a persevering attitude toward life in spite of counter influences he may experience.

"Well son, I'll tell you:

Life for me ain't been no crystal stair

It's had tacks in it,

And splinters,

And boards torn up,

And places with no carpet on the floor —

Bare

But all the time

I've been a-climbin' on

And reachin' landin's

And turnin' corners,

And sometimes goin' in the dark

Where there ain't been no light

So, boy, don't you turn back.

Don't you set down on the steps

'Cause you find it kinder hard.

Don't you fall now —

For I've still climbin',

And life for me aint' been no crystal stair."

What is sorely needed today is a 'faith attitude' and people, who like Joshua will take an unequivocal stand for righteousness and say to their peers, "choose for yourself this day whom you will serve...as for me and my house, we will serve the Lord."

Attitude does make a difference.

Lewis Graves
Springfield Branch
Newark Public Library

The Last Glorious Days Of Summer

